

## Workplace Activity in Action!

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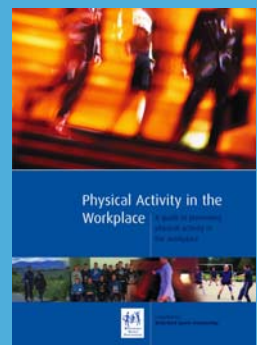
**Leading by example to launch the Workplace Activity Pack the Waterford Sports Partnership Board Members donned their tracksuits and fastened their runners for some 5-a-side soccer action. Olympic hero and Chief Executive of the Irish Sports Council John Treacy played a blinder in goals before officially launching the pack.**

We all spend more time working than ever before and it's getting harder and harder to fit some physical activity into our busy schedules. With almost half the population in employment, what better place to encourage a more active lifestyle than in the workplace. The Workplace Activity Pack provides a structure for organisations on how to; increase awareness among the workforce on the importance of physical activity, promote the benefits of an active lifestyle and organise and run sporting events and activities within their company.

***I know that a healthy workforce is a happier workforce, how do I get started?  
How do I run a 5-a-side Soccer league?  
How do I create a healthier ethos in my workplace?***

The Waterford Sports Partnership Workplace Activity Pack can answer these questions and many more. Along with the booklet the pack contains motivational posters to display in your workplace, suggested rules for soccer, basketball, tag-rugby and tennis, sample physical activity readiness questionnaires and a sample draw for an interdepartmental soccer league.

If you would like us to send you a pack and help you get started, please contact the office on (058) 21192 / (051) 849855. Remember whether your organisation is large or small there is something in the pack for everyone!



## Slí na Sláinte Walking Leader Training

The Irish Heart Foundation organise Slí na Sláinte Walking Leader Training Courses. The overall aim of the training course is to train participants to motivate people in their locality to take up walking as a form of health-enhancing physical activity and to plan and lead safe, enjoyable walking sessions for small groups. At present there are 6 Slí na Sláinte routes in Waterford – Dungarvan, Kilmacthomas, Tramore, Stradbally and 2 routes in Waterford city. (Please see our website for further route details)

The Slí na Sláinte training course will take place over the weekend of the 4<sup>th</sup> – 6<sup>th</sup> November in the Mardyke Arena, Cork. Please contact Waterford Sports Partnership for further details.

## J4 - VOLLEYBALL 4 FUN

The Volleyball Association of Ireland in conjunction with Waterford Sports Partnership will hold a Teachers/Leaders Seminar in St. Saviours National School, Ballybeg, Waterford on **Wednesday 12<sup>th</sup> October 2005, 2pm to 4pm.**

J4 is an adapted 4v4 Volleyball game, which is aimed specifically at children of Primary school age and 1<sup>st</sup> and 2<sup>nd</sup> Year pupils in Post-Primary school. The basic aim is to encourage children to take part in a team game where the emphasis is on participation and fun. The ball is soft and equipment needed is basic and simple. The seminar aims to give teachers and leaders the techniques, teaching methods and confidence to introduce this game to their pupils irrespective of any previous experience in the sport.

If you are a Primary or Secondary School teacher & interested in taking part in this seminar, please contact the office for further details.

## Ladies Football 'Blitz' with a difference is a huge success!

*The first ever secondary schools Ladies Football Fun for All Blitz was held on Friday April 22<sup>nd</sup> 2005 and was a huge success. With almost 200 participants the objectives of promoting and developing the sport in Waterford at Post Primary level were most definitely achieved.*

The initiative was a partnership of effort and resources from Waterford Institute of Technology GAA Club, Waterford Ladies Football Association and Waterford Sports Partnership.

It was a wonderful opportunity for all secondary schools in the County to try out a new sport or improve the standards of current players, make valuable 'ladies football' links with other schools, clubs and WIT and avail of opportunities to develop coaching skills in the sport. The format of the day allowed for those who had not played ladies football in the past to 'come & try it' whilst also offering a fantastic opportunity for current players to enjoy a great day of football.

### ***There were two sections to this Blitz with a Difference:***



Ard Scoil Na nDeise all ready for action at the Ladies Football Blitz!

The **Come & Try It** section catered for those who had never tried ladies football before or those who had limited opportunity to play to date. The **Fun for All Blitz** catered for those who had played before and was a fun blitz that provided a fantastic opportunity to enjoy participating in games against other schools.

### *The following eleven secondary schools took part in the event :*

Coláiste Chathail Naofa, Dungarvan; St. Angela's Ursuline Secondary School, Waterford; Abbey Community College, Ferrybank; De la Salle College, Waterford; St. Declan's Community College, Kilmacthomas; St. Augustine's College, Abbeyside; Our Lady of Mercy Secondary School, Waterford; St. Paul's Community College, Waterford; Ard Scoil na nDeise, Dungarvan; Stella Maris Secondary School, Tramore; Blackwater Community School, Lismore.

### ***The last word goes to the participants with some feedback at the end of the day....***

"The day was good and enjoyable. It was good craic meeting people from different schools. It was excellent."

#### **Karen Rockett**

"It was good craic, made loads of new friends." **Abbey Community College Girls – Siobhan, Maggie, Jessie, Emma, Kellie, Roisin, Laura, Kayleigh**

"Blitz with a Brilliance" **Emma Slattery, Abbey Community College**

"It was a good day, very different, I really enjoyed it." **Aisling,**

#### **Blackwater Community College**

"It was very well organised and good fun." **Aoife & Emma, Mercy**

"It was a brilliant day for everyone" **Kerry Dunphy, St. Declans Community College**

"Great day, great to get lots of girls out and actually play in blitz." **Sarah Keane, Abbey**



All kitted out for the Blitz - Girls from Our Lady of Mercy Secondary School



## Primary Schools

### Buntús Update ...

*Buntús is an exciting Irish Sports Council initiative that has so far been introduced by Waterford Sports Partnership to 77 primary schools in Waterford. Buntús is a skills-based programme that provides young people with a quality, fun and enjoyable introduction to physical education and sport suited to their own level of development.*

The Buntús programme is available to schools through the provision of training, child friendly equipment and resource cards across a variety of sporting activities.



The FAI Buntús programme builds on the generic Buntús programme. It operates under the same child-centred approach and has a similar format in relation to equipment, resource cards and training. To date, the FAI, supported by WSP have delivered training to 271 teachers in 42 primary schools reaching 5,524 children.

As part of Waterford Sports Partnership's commitment to supporting the Buntús programme the staff of Waterford Sports Partnership carry out follow up support and offer refreshers visits to all schools.

Buntús training for new teachers in Waterford Primary schools will be held in the coming weeks.

**TO DATE 616 TEACHERS IN WATERFORD HAVE BEEN TRAINED IN  
BUNTÚS IN 77 SCHOOLS  
WITH THE PROGRAMME REACHING 6079 BOYS AND 5779 GIRLS  
A TOTAL OF 11858 CHILDREN!!!**

### Could your school yard benefit from some Playground Markings?

*Waterford Sports Partnership and the South Eastern Health Board have come together to promote Playground Markings in primary schools. A resource booklet is available which outlines how to go about marking out a playground and the various games that can be played. Training is then provided to the school once the playground markings are in place.*



The aim of this programme is to increase the level of school based physical activity and play as well as increasing the number of children who are active.

During the training session both teachers and children are shown how to play the games and how to simplify or extend the games depending on the children's age and ability. The children are encouraged

to take ownership of the games and teach younger children in their school how to play.

To date training has been provided in Our Lady of Mercy N.S. Waterford, Waterpark N.S., Butlerstown N.S., St. Saviour's N.S. Ballybeg, St. Paul's B.N.S., St. Declan's N.S., Villierstown and Garranbane N.S, Dungarvan.

**THE PLAYGROUND MARKINGS BOOKLET IS AVAILABLE  
ON OUR WEBSITE OR YOU CAN SIMPLY CALL THE OFFICE  
& WE WILL SEND A COPY TO YOU.**



### What is a Walking Bus?

A walking school bus is a healthy, environmentally conscious, safe and fun way to travel to and from school. It is a scheme that involves parent volunteers walking children to school along a set route.

### Walking Bus Start-up Pack

Now available on our website A Walking Bus Start-up Pack which will help schools who want to operate a walking bus get started.

## Waterford Sports Partnership Courses



### FIRST AID COURSE RESCUE EMERGENCY CARE (REC 2)

Rescue and Emergency Care is a nationally recognised First Aid Training scheme. Developed in Scotland, the scheme is becoming more widespread throughout the UK and Ireland.

**Course Facilitators:** The course is facilitated by highly experienced, skilled trained professionals in the areas of First Aid and Mountain Rescue

**Course Content:** A 2-Day - 12 Hour Course in Emergency First Aid :

- Introduction/Vital Signs,
- Accident Procedure
- Unconscious Casualty
- Rescue Breathing
- CPR
- Bleeding/Burns/Shock
- Fractures
- Eye Injuries
- Common Medical Illnesses,
- Practical Exercises/Scenarios
- First Aid Kits.

**Award:** The course certificates which are issued by REC and are valid for 3 years and each candidate will be registered with REC.



### ADAPTED PHYSICAL ACTIVITY WORKSHOPS

*Waterford Sports Partnership hosted two Adapted Physical Activity Workshop earlier this year – one for coaches and the other for teachers. The workshops aim to improve people's ability to include people with disabilities in all events and coaching sessions within a club environment or PE and sports events within a school.*

The workshops were facilitated by Mr. Pat Flanagan, BA (Phys Ed.) MSc; Lecturer in Adapted Physical Activity (APA) in the BA in Health, Fitness and Leisure, at IT Tralee.

In all, 37 people attended the workshops, participants included representatives of Dungarvan Soccer Club, Erin's Own GAA Club, Carrick-on-Suir Athletic Club, Lismore Juvenile GAA Club, Lismore GAA Club, St. Oliver's GAA Club, West Waterford Athletic Club, West Waterford Juvenile Athletic Club, St. Oliver's Ladies Football, Splashworld, Respond, Seaview Celtic, St. Saviours Crystal Boxing Club, Park Rangers AFC, Naomh Brid, W.R.Y.S., Presentation Secondary School, Faithlegg National School, St. Mary's National School, Ballygunner, W.I.T. and Waterpark College.



### CODE OF ETHICS Child Welfare & Protection in Sport Awareness Training



A central goal for all those involved in sport for young people is to provide a safe, positive and nurturing environment where children can develop and enhance their physical and social skills. Promoting a child centered ethos should go hand in hand with identifying and eliminating practices that impact negatively on safe and enjoyable participation in sport for young people.

This 'Child Welfare and Protection in Sport' training is a 4 hour basic awareness course, looking at how we can keep adults and young people safe and happy within the club environment. This course is open to sports leaders, children's officers and other adults involved in the organisation of sport for young people. This module will help to create and maintain a safe and fun environment for young people within the sports club or organisation. As well as undertaking child protection training, all governing bodies of sport and related organisations should adopt child protection policies and procedures as outlined in the *Code of Ethics and Good Practice for Children's Sport*.



## Waterford Sports Partnership Courses

### SAQ TRAINING

SAQ stands for Speed, Agility, Quickness. SAQ is a system of progressive exercise and instruction aimed at developing fundamental motor abilities to enhance the capability of players/athletes to be more skilful at faster speeds and with greater precision. SAQ Training plays an important role in motor co-ordination, acceleration, balance, agility and reaction development at all ages and at all levels. It can be incorporated into fitness programmes all year round - indoor and outdoor - in designated circuits, isolated drills, and integrated exercises, and most importantly, during ball work.

The S.A.Q. spectrum covers everything from dynamic warm up and flexibility, to running and movement patterns, to explosive weight systems, to diet maintenance. Each piece of the S.A.Q. programme may be used individually or collectively and will generate tremendous results. Following three successful courses earlier this year we have now arranged three additional courses for the Autumn - SAQ Conditioning, Foundation and Level 1.

### Introduction to Gymnastics - Coaching Course

In an effort to respond to the huge demand in Waterford for opportunities to participate in gymnastics and in response to the need for more qualified coaches. Waterford Sports Partnership hosted an Introduction to Gymnastics Coaching Course. The course was very well attended by schools and clubs alike and hopefully will be the first step in increasing participation levels in Gymnastics in Waterford.

Participants included representatives from: Scoil Mhuire Tallow, St. Martins Special School, Bunscoil Bothar na Naomh, Ballymacarbry National School, Light of Christ National School, Kilbarry Gym, Waterford Crystal Gymnastics Club and Blackwater Valley Gym Club.

### Sport for All Leader Award

The Sport For All Leader Award has been developed to provide a panel of trained, knowledgeable and enthusiastic community based leaders, whose aim is to encourage people to become and remain involved in sport and physical activity. The course is designed to ensure that leaders will have the necessary competencies to plan and lead safe, enjoyable sport and physical activity sessions.

**WE WILL BE HOLDING A SPORT FOR ALL LEADER COURSE EARLY IN 2006. PLEASE CONTACT US IF THIS WOULD BE OF INTEREST TO YOU OR TO MEMBERS OF YOUR ORGANISATION .**



**Check out the enclosed calendar for upcoming courses & events  
or visit our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**

## Older Adults

Go for Life... more older people, more active, more often

### Go For Life Sports Festival

On a sunny May day Waterford Sports Partnership held their inaugural Sports Festival for older adults in the Park Hotel, Dungarvan, which was facilitated by Frank Fahey from Go for Life. The festival was attended by over 60 participants who enjoyed activities such as Kurling, Botcha, 6 Pin Bowling, Marbles, Nordic Walking and Line Dancing. The day was a huge success with many of the participants calling for the event to be held annually. Following the activities spot prizes were awarded to the following participants for their participation on the day: Betty McCarthy (Pinegrove Day Care Centre), Ann Hayden (Knockboy ICA), Moyra Baumann (Le Cheile Probus), Irene Gillan (Ballymacarbry ICA), Tony O'Farrell (Waterford Lifetime), Frank Clayton (Pinegrove Day Care Centre) and Margaret Keane (Probus ARA).



#### Quotes of the day!!

"I feel like a recycled teenager", Margaret Wetz (Tramore ARA)

"Marvellous, very entertaining", Theresa Connolly & Meave Clancy (Dungarvan CDP)

"Brilliant, was excellent fun, there should be more days like these in the Year", Berni, Rita & Meave (Sacred Heart ARA Waterford)

"Enjoyed it immensely, tried things we never did before", Geraldine Hutchison (Knockboy ICA, Waterford).

The festival was a great success and was attended by members of the following groups; Ballymacarbry ICA, Cappoquin Day Care Centre, Deise Day Care Centre (Dungarvan), Dungarvan CDP, Dungarvan Probus, Le Cheile Probus (Dungarvan), The Thursday Group (Dungarvan), Tramore ARA, Knockboy ICA (Waterford City), Pinegrove Day Care Centre (Waterford City), Sacred Heart ARA (Waterford City), Comeragh ARA (Waterford City), and Waterford Lifetime (Waterford City).

### GO FOR LIFE WORKSHOPS ...

To date WSP have organised 10 workshops in Waterford which included: Basic Principles, Sit Fit, Better Balance, Stepping & Strolling, Pitching & Tossing, Rolling & Bowling and PALs Skills. WSP plan to run further workshops in the new year.

As part of WSP and Go for Life commitment to supporting Physical Active Leaders (PALs) two PAL's refresher workshops have been organised. The Active Living Refresher Workshop will be held on **Monday, 26<sup>th</sup> September** and the Social Sports Refresher Workshop will be held on **Monday, 3<sup>rd</sup> October** in Rainbow Hall, Kilmacthomas.

*For further information and bookings please contact the office.*



### GRANT SCHEME 2005

**Age & Opportunity has announced advance notice of another Go for Life National Grant Scheme for Sport and Physical Activity for Older People. Again this year over EUR300,000 will be made available to local groups to enable them to get their members more involved in sport and physical activity. Application forms will be available in mid September and the deadline for their return will be toward the end of October.**

**PLEASE CONTACT THE OFFICE FOR FURTHER INFORMATION**

### ACTIVITY MORNINGS IN DUNGARVAN

Commencing on October 13th, every Thursday morning from 11.30 to 12.45 Activity Mornings will take place in the Dungarvan Sports Centre for older adult groups in the Dungarvan area. These mornings aim to support the PALs and offer the chance for groups to meet each other and to share experiences. Activities will include short mat bowling, six and nine pins, kurling, bocca and potcha, frisbie and many more.

## Funding

### Coach Training Funding Available

The Waterford Sports Partnership Training & Development Fund 2005 is open on an on-going basis for applications from sports clubs & voluntary groups. The objective of this fund is to develop quality coaching resources in Waterford and encourage all leaders working with young people to undertake appropriate education and training. It also assists with the initial set up costs for new clubs which may include equipment, coaching courses etc.

#### What courses/costs are eligible?

Funding is available on an ongoing basis towards the fees only for attending:

- Sports specific Coach Education
- Accredited courses by Irish Sports Council, National Coaching & Training Centre or National Governing Body of Sport
- Referee, umpire or official accreditation
- Start up costs for new clubs such as basic equipment, coaching courses

#### Please note also:

- Applications from clubs/organisations based within Waterford City & County only for courses held in Ireland
- Applications must be made by the club/organisation on behalf of members
- Generic courses currently facilitated and subsidised by Waterford Sports Partnership such as First Aid, Code of Ethics, Sport for All are not eligible under this scheme however will continue to be subsidised heavily.

#### Who can apply?

To be eligible organisations/clubs/projects must:

- operate as a 'not for profit' club or organisation that is open to public membership
- have a primary objective of sport or physically active recreation
- have policies and practices that encourage participation regardless of gender, age, race or ability
- operate under the basis of best practice for children in sport

#### How much funding is available per club/organisation?

- Training/Development Initiatives - up to €500 p.a. per club
- New club start up funding - up to €500 per club

**FOR FURTHER INFORMATION & APPLICATION FORM  
PLEASE VISIT OUR WEBSITE OR CONTACT THE OFFICE**

**Waterford Sports Partnership made the following allocations to sports clubs, schools, youth organisations and community groups under the 2004 Training & Development and Special Project Participation Funds:**

#### Training & Development Fund 2004

This fund was put in place to improve the quality of sporting training and development opportunities for people involved in the running of voluntary clubs/groups. This fund focuses on developing quality coaching resources in Waterford and encouraging all leaders working with young people to undertake appropriate education and training.

Lismore Badminton Club	500
Kilmacthomas Community Council	500
Saviours Crystal Boxing Club	300
Lismore Camoige Club	270
Ballyduff Upper Juvenile GAA	200
St Olivers Juvenile GAA	350
Lismore / Ballysaggart Juvenile GAA	350
St.Declan's Community College	250
Waterford Judo Club	500
Woodstown Residential Activity Centre	500
St. Olivers Ladies Football	150
Old Parish Ladies Football Club	350
Abbeyside Ladies Football	225
Dungarvan Ladies Football	240
Ardmore / Grange Ladies Football Club	250
P.A.C.T. Project.	180
Cappoquin Rowing Club	300
Villa Football Club	320
Stradbally AFC / Stradbally Faha SFC	500
Seaview Celtic Football Club	400
Southend United F.C.	240
Ferrybank AFC	350
Tramore Bay Surf Club / Surf Centre	500
Causeway Tennis Club	500
St. Saviours N.S.	300
Kilmacthomas Walking Group	200

#### Special Project Participation Fund 2004

This fund was put in place to assist initiatives aiming to increase the level of participation in sport and physical activity in Waterford particularly for low participation groups.

West Waterford Athletic Club	1,000
Erin's Own Camoige Club	500
Dungarvan Youth Resource Project	1,000
Mighty Chicks Ballybeg Youth Project	800
S.W.A.Y. Project W.R.Y.S.	1,000
Seaview Celtic F.C.	500
St. Joseph's Parent Support Group	400
Our Lady of Good Counsel N.S.	730
St. Saviours N.S.	500
Stradbally Girl Guides	1,500
St. Ursula's N.S.	200
Kilmacthomas Community Council	1,000
Kilmacthomas / Newtown Junior Youth Club.	1,500
Ball Project	1,000
Woodstown Residential Activity Centre	1,140
Johnville F.C.	700
Southend United FC	500
Waterford School Completion Programme	1,000
Special Olympics Waterford	1,500
Waterford Educate Together N.S.	500
Tramore Bay Surf Club / Surf Centre	500
St. Mary's National School	900
Causeway Tennis Club	500
Kilmacthomas Walking Group	400
Ballybeg Community Education Project	800



James Veale from West Waterford Athletic Club receiving a cheque from Rosarie Kealy (WSP Coordinator) for funding under the Special Project Participation Fund 2004.

## Sports Activities for Tall Ship Crews a great success!!

As a key part of the activities for the Tall Ships Festival, Waterford Sports Partnership supported Waterford City Council in the running of two days of fun sports activities for the crews of the Tall Ships.

All the action took place at Newtown School. The turn out on both days was superb with over 600 crew members participating in Fun Team Challenges on the grass pitches, on the astro-turf and in the pool on day one and about 300 turned out on Day Two for the 'Come N Try It Multi Activity Event' where the participants were encouraged to try new sports with an Irish theme and



enjoy some fun competition at some more familiar pursuits such as soccer & volleyball. The following activities were on offer: Gaelic Football, Hurling & Camogie, Tennis, Basketball, Rounders, Soccer, Cricket, Volleyball, Tag Rugby, Kickboxing, Field Hockey and Irish and Ceili Dancing. A big thank you to all the clubs & volunteers who gave up their time & skills to make the activities such a success!



## NEW INITIATIVES TO LOOK OUT FOR!

### "The PAMs Programme" Physically Active Mums!

WSP in conjunction with Waterford City & County Childcare Committees and the Health Promotion Unit of the HSE have received funding from the Irish Sports Council for the PAMs programme, which is aimed at increasing the involvement of women in sport and physical activity. The PAM's programme aims to offer an opportunity to mothers with pre-school children to return to physical activity. The programme encourages mothers and children to enjoy physical activity together by sharing practical ideas and games.

The PAMS programme will be piloted in Dungarvan with mothers from the Spirit Free Community Playgroup in the coming months and will be continued with a Waterford City group in the new year.

### Facilities Audit

WSP have commenced an audit of sports facilities in County Waterford. The questionnaire was piloted in the Tramore area during August 2005 and it is planned to have the Tramore sport facility information available on our website by the end of September.

Following the completion of this pilot, the work will be expanded to other areas of the County & City over the coming 6 months. We would be grateful for your co-operation in gathering this data, which we believe will provide useful information to facility users in Waterford

### DRUG AWARENESS & INFORMATION WORKSHOP FOR SPORTS COACHES /LEADERS

Waterford Sports Partnership in conjunction Waterford Substance Misuse Team, Health Service Executive and Waterford Regional Youth Services is holding a **'Drug Awareness & Information Workshop'** for sports leaders/coaches. The aim of the workshop is to increase awareness around drugs (including alcohol & tobacco) and will help to create and maintain a safe and drug free environment for people within sports clubs.

Andy Hargreaves, Drugs Education Officer, Waterford Misuse Substance Team and Paul Mullins, Community Drugs Worker, Waterford Regional Youth Service will deliver the 5 hour workshop over 2 sessions.

**Dates: Monday 21<sup>st</sup> & Monday 28<sup>th</sup> November 2005 7pm to 9.30pm Dungarvan (venue to be confirmed)** Also Monday, 6<sup>th</sup> February and Monday, 13<sup>th</sup> February, 2006 7pm to 9.30pm Waterford City (venue to be confirmed).

**Fee: €10 per person**

For further information and booking please contact the office or visit our website.

### MEDIA/SPONSORSHIP/PR Workshop

Waterford Sports Partnership will be holding a workshop for clubs during November. The Workshop will assist clubs in the approach to securing sponsorship and provide tips and useful information on how to promote their club effectively.

**DETAILS OF THESE EVENTS WILL BE POSTED ON OUR WEBSITE SHORTLY  
PLEASE CONTACT US IF YOU REQUIRE MORE INFORMATION**

## SPORTS CAPITAL GRANTS

Congratulations to the 21 projects in Waterford that were allocated a total of €1,425,000 under the 2005 programme. We acknowledge the time and effort taken by club and committee members around the county to ensure application success.

See our website for the 2005 Waterford Sports Capital Grants results.

WE WOULD ENCOURAGE CLUBS WHO MAY HAVE BEEN UNSUCCESSFUL THIS YEAR OR ARE CONSIDERING APPLYING NEXT YEAR TO CONTACT US IF THEY REQUIRE ANY ASSISTANCE. PLEASE DON'T LEAVE IT UNTIL IT IS TOO LATE - NOW IS A GOOD TIME TO START PLANNING FOR THE NEXT ROUND OF APPLICATIONS TO ENSURE A QUALITY SUBMISSION.

### COMING SOON!! Sports Capital Grants INFORMATION SEMINAR

Waterford Sports Partnership will be organising an information seminar for organisations planning to apply under the 2006 Sports Capital Grants Scheme. The seminar aims to give information and advice to organisations planning a capital development and/or planning to apply for funding. The seminar will include information on application procedures & guidelines, planning, marking scheme etc.

## HOW TO CONTACT US

Civic Offices, Dungarvan, Co. Waterford  
Tel: (058) 21192  
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Tel: (051) 849855  
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info@waterfordsportspartnership.ie

website:  
www.waterfordsportspartnership.ie





## Waterford Sports Partnership Calendar of Courses & Events September to December 2005

Date	Course/Event	Time	Venue
18th September 2005	WLR Fun Run	12 noon	RSC, Cork Road, Waterford
26th September 2005	Go for Life Refresher	10.00 — 15.30	Rainbow Hall, Kilmacthomas
3rd October 2005	Go for Life Refresher	10.00 — 15.30	Rainbow Hall, Kilmacthomas
7th October 2005	SAQ Conditioning Course	16.00 — 22.00	Dungarvan Sports Centre
11th October 2005	Child Welfare Training	18.00 — 22.00	Tallow <span style="background-color: red; color: white; padding: 2px;">FULL</span>
12th October 2005	J4 — Volleyball	14.00 — 16.00	St. Saviour's N.S., Ballybeg
13th October 2005 (& every Thursday thereafter)	Older Adults Activity Mornings	11.30 — 12.45	Dungarvan Sports Centre
15th October 2005	SAQ Level 1 Course	09.30 — 17.30	Rainbow Hall, Kilmacthomas
22nd & 23rd October 2005	REC 2 First Aid Course	09.30 — 17.00	Civic Offices, Tramore
25th October 2005	Child Welfare Training	18.00 — 22.00	City Hall, Waterford
4th — 6th November 2005	Slí na Sláinte - Walking Leader Training	on application	Mardyke Arena Cork
8th November 2005	Child Welfare Training	18.00—22.00	Civic Offices, Dungarvan
21st & 28th November 2005	Drug Awareness & Information Workshop*	19.00—21.30	Dungarvan (Venue TBC)

\*A second Drug Awareness & Information Workshop will be held in Waterford City on Monday 6th & Monday 13th February 2006, venue TBC.

**PLEASE CONTACT THE OFFICE FOR MORE INFORMATION ON BUNTUS NEW TEACHER TRAINING, SPORTS CAPITAL GRANTS INFORMATION SEMINARS, MEDIA/SPONSORSHIP/PR WORKSHOPS.**

**PLEASE POST THIS ON YOUR CLUB OR COMMUNITY NOTICEBOARD**

PLEASE CHECK OUT THE WEBSITE OR CONTACT THE OFFICE FOR MORE INFORMATION  
Civic Offices, Dungarvan, Co. Waterford ■ Tel: (058) 21192 ■ City Hall, The Mall, Waterford ■ Tel: (051) 849855  
email: [info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie) ■ website: [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

ALL COURSES ARE SUBSIDISED BY WSP. COURSES MUST BE BOOKED IN ADVANCE.